



## MARCH Healthy 4U Challenge:

**Explore Your Medical Treatment Options.**

*Your quality of life depends on knowing all of your options.....!*

**Ask your doctor** why they recommend certain treatments or if other options are available! *You deserve to know your options.*

The answers you get may help improve your health care & quality of life.

For more information visit [AHRQ.gov](http://AHRQ.gov)

# MARCH 2012

## Bi-Weekly Stall Talk

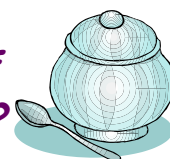
National Nutrition Month



### Beverage Fast Fact.....

Most sugary beverages contain the equivalent of 11-12 tsp. of sugar per bottle.

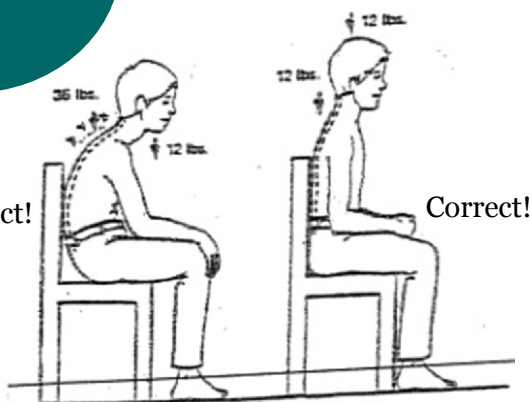
*Would you ever put 12 tsp. of sugar in your coffee or cereal?*



**We've Got Your Back!**

**How do you sit in a chair?**

Not Correct!



Correct!

### March Safety Question:

In the US, candles are responsible for how many residential structure fires each year?

- A. 9,400
- B. 15,021
- C. 8,483
- D. 12,450



**The answer will be revealed in the next edition of Stall Talk.**

**Remember...Healthy Employees are Safer Employees!**

### 10 Questions to ask your Doctor:

1. What is the test for?
2. How many times have you done this procedure?
3. When will I get the results?
4. Why do I need this treatment?
5. Are there any alternatives?
6. What are the possible complications?
7. Which hospital is best for my needs?
8. How do you spell the name of that drug?
9. Are there any side effects?
10. Will this medicine interact with medicines that I'm already taking?



WellDyneRx® Your  Corner!

*Q. I heard quitting tobacco 'cold turkey' is the best way to quit. Is this true?*

- A. The success rate for stopping tobacco without help is only ~5%. There are plenty of options to quit, Nicotine replacement (e.g. Habitrol, Nicorette), counseling, Zyban and Chantix.

*With a written script members may purchase certain OTC smoking cessation meds at pharmacy discount price.*

**Ask your doctor which one is right for you.**